

Thursday 2/9

Thursday, February 9, 2023

5:34 PM

Practice 1

Warm Up - 1300

200 free

4X75 kick/drill/swim @ 1:20

4X50 kick @ 1:00

4X25 kick 10m+ UW @ 0:40

6X50 drill odd: free even: stroke @ 1:10

8X25 v-sprints (1-4: free 5-8: stroke) @ 0:40

Main Set (4 times through, each set is a different stroke of 25s) - 1600

8X25 @ 0:40 (Round 1: fly 2: back 3: breast 4: free)

200 free/IM fast @ 3:00

1 min rest

Post Set - 1200

4X100 kick (last 25 fast) @ 2:00

4X25 sprint kick @ 0:45

1 min

3X100 descend kick @ 2:00

4X25 sprint kick @ 0:45

1 min

2X100 kick (50eZ/50f) @ 2:00

4X25 sprint kick @ 0:45

Total: 4100

Practice 2

Warm Up - 1000

200 free

4X75 kick/drill/swim @ 1:30

4X25 kick 10m+ UW @ 0:45

6X50 drill odd: free even: stroke @ 1:10

4X25 choice v-sprints @ 0:45

Main Set (4 times through, each set is a different stroke of 25s) - 1200

8X25 @ 0:45 (Round 1: fly 2: back 3: breast 4: free)

100 free/IM fast @ 2:00

1 min rest

Post Set - 900

3X100 kick (last 25 fast) @ 2:15

4X25 sprint kick @ 0:45

1 min

2X100 descend kick @ 2:15

4X25 sprint kick @ 0:45

1 min

1X100 kick (50eZ/50f) @ 2:15

4X25 sprint kick @ 0:45

Total: 3100